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AUTHOR	Susin, Janet; Kaplan, Lorraine; Slater, Louise
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ABSTRACT

As part of a campaign to end discrimination against mentally ill persons, this educational packet is designed to provide health educators with the material necessary to teach the facts about mental illness. The objectives of the lesson plans are for middle school students to: (1) identify the stigmatizing words associated with mental illness and discuss the negative impact their use has on people with mental illness; (2) be informed about the nature of mental illness; and (3) discuss where to turn for help and support. The packet consists of a lesson plan and accompanying game to be used as a culminating activity once students have been taught the lesson. A list of follow-up activities is included that can be used in health class or with cross-curriculum projects. (JDM)

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